

**Mrs. Wilson Says Salad Is Necessary to Keep the System in Good Condition**

**Cabbage Can Be Served as a Green, Uncooked Vegetable Almost Every Day if Dressings Used on It Are Varied**

By MRS. M. A. WILSON  
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IT MUST please the housewife that now she can really market for larger amounts of food. The cool weather permits the keeping of food several days. In fact, the sturdy vegetables, such as carrots, turnips, beets and cabbage, will keep for a week or longer if laid out in single layers upon the shelf in a cool, dry place.

Use the homely vegetables abundantly in menus. They are rich in vital living food elements and their coarse texture makes them valuable to the intestinal tract.

Shred cabbage fine and wash first in warm water and then in three or more cold waters. This is necessary owing to the materials used by the farmers to destroy the worms that attack the cabbage plants and also to remove these tiny and invisible slugs and mites that cling very close to the leaves. Drain the cabbage well and then turn on a clean cloth to absorb the moisture.

To add variety to the cabbage salad, serve once with green raw beet, then with grated raw carrot and grated raw onion, finely minced green tips of celery or finely minced parsley, finely minced green or red pepper. When it is a matter of economy you can make a splendid dressing that will give you a splendid opportunity for serving a form of salad every day.

**Mrs. Tibbet's Famous 10c Dressing**  
Place in a saucepan

One cup of water,  
Two-thirds cup of sharp cider vinegar,

Eight tablespoons of flour,  
One teaspoon of salt,  
One-half teaspoon of white pepper,  
Four tablespoons of mustard (this mustard comes ready prepared and is sold in glasses),  
Two level teaspoons of sugar,  
One level teaspoon of grated onion.

Stir to dissolve the flour and spices and bring to a boil. Cook slowly for five minutes, and then add one-fourth cup of strained bacon fat and beat again and serve very cold. This makes over a splendid dressing, and is splendid on all salads.

A suggestive menu for three meals on Sunday:

**SUNDAY**  
Breakfast  
Baked Apples  
Cereal and Cream  
Potato, Sausages, with Cream Gravy  
Toast Coffee

Dinner  
New England Boiled Dinner  
Boiled Corned Beef  
Potatoes Cabbage  
Beets Turnips  
Applesauce  
Custard Sauce Coffee

Supper  
Baked Macaroni with Cheese  
Tomato Salad  
Apple Sauce Buntown Cake Tea

The market basket will require:

Apples,  
Potatoes,  
Cabbage,  
Turnips,  
Beets,  
Tomatoes,  
Green and red peppers,  
Onions,  
Parsley,  
One-fourth pound of dried beef,  
Three pounds of corn brislets,  
Macaroni,  
Cheese,  
Nuts,  
Raisins,  
Eggs,  
Butter,  
Cereal,  
Coffee.

And usual weekly sundries.

**Potato Sausage**  
Rub five cold boiled potatoes through a sieve into a bowl and add:

One onion, grated,  
One tablespoon of finely minced parsley,  
One teaspoon of salt,  
One-half teaspoon of pepper,  
One-fourth teaspoon of thyme.

Now pour boiling water over two onions of dried beef and let stand. Drain, and then turn on a cloth to absorb the moisture. Mince fine and add to the prepared potatoes. Mix well, and then form into sausages. Roll each sausage in flour, and then brown in hot fat and serve with thin cream sauce.

**To Prepare a New England Boiled Dinner**

Wash the meat on Saturday and place in a large pot and bring to a boil. Place on the simmering burner and cook very slowly until tender. Lift the kettle aside and let meat cool in the water. In the morning remove the meat and add turnips and cook one-half hour and then add cabbage.

Cook the potatoes and beets separately, and just one-half hour before serving return the meat to the pot containing the turnips and cabbage. Use part of water in which meat was cooked to cook the potatoes.

To serve: Place the cabbage on a large hot platter, and then a turnip, beet and potatoes to form a border around the dish, alternating the vegetables. Place the meat on top of the cabbage, and then sprinkle over the entire dish the green and red peppers chopped very fine.

**Apple Betty**  
Pare five apples, and then cut in quarters and then in thin slices. Place in a bowl and add:

Two cups of bread crumbs,  
One-half cup of finely chopped suet,  
One cup of sugar,  
One-half teaspoon of salt,  
One level teaspoon of baking powder.

One cup of brown sugar,  
Two-thirds cup of black coffee,  
One-half teaspoon of nutmeg.

Mix thoroughly, and then turn in well-greased mold and boil for one hour. Have the water in the kettle two-thirds of depth of mold and cover kettle closely.

**Custard Sauce**  
Place in a saucepan:  
One and one-half cups of milk,  
Four tablespoons of cornstarch.

Dissolve the starch and bring to a boil, and then cook slowly for five minutes. Now place in small bowl:

One-half cup of sugar,  
One tablespoon of butter,  
Yolk of one egg.

Cream well and then add to custard. Beat hard to blend, and then fold in stiffly beaten white of egg and flavor with vanilla.

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**DREAMLAND ADVENTURES**

Janet's Burglar  
By DADDY

Jack and Janet find a burglar robbing their home. Janet gives him one of Mr. Pieman's magic cookies, which makes him tiny. They catch him, and with the aid of Bobby Bouncer and the toy soldier, take him to Judge Sense.

**CHAPTER V**  
Judge Sense's Sentence

JUDGE SENSE was in his vegetable patch when Jack, Janet, the toy soldier and Bobby Bouncer marched up with their prisoner, the bad bachelored burglar. The Judge was dressed in his farmer clothes and was digging potatoes. He was so busy Jack had to call to him three times before he looked up.

"Hello, Judge Sense!" said Jack.

"We have brought you a bad burglar to judge," Judge Sense frowned.

"What a nuisance!" he cried. "I suppose I'll have to stop my work, although these potatoes must be dug before Jack Frost comes frolicking around here."

The Judge wiped his hands on his overalls and came out of the vegetable patch, but he kept right on grumbling. "The baddest thing about bad folks is that they take up so much time of good folks punishing them for being bad!"

Judge Sense frowned at the burglar; "Is he a very, very bad burglar?"

"We caught him breaking into mother's silver safe," cried Janet.

"And he tied me up," added Jack.

"And he punched my nose," grinned Bobby Bouncer, the rubber ball.

"And he shot all those dents in my tin suit," declared Captain Bravo, the toy soldier, showing the damage that had been done by the bullets from the burglar's revolver.

"Indeed, he does seem to be a very, very bad burglar," said Judge Sense, rubbing his chin thoughtfully. "I guess I'd better send him to jail in a hollow tree."

"Good! that is where he belongs!" cried Jack. Judge Sense turned to Jack with a grin.

"And I will let you and Janet guard him," he said. "That seemed a good plan to Jack, but Janet couldn't see any fun in being the jailer of a burglar."

"Why not make the burglar good?" she asked. "Then he will not have to be put in jail and we will not have to guard him. We will all be free to play games."

"That is a fine idea," declared Judge Sense promptly. "Would you like to be free to play games?" he asked the burglar.

"Huh! I'd like to be free, but I don't know how to play any games," growled the burglar.

"You don't know how to play any games?" exclaimed Judge Sense.

"Burgling in my only game," replied the burglar.

"Oh, ho! Then that is why you are bad," cried Judge Sense. "You don't need to go to jail—you need a doctor to cure you of not knowing how to play. I sentence you to five doses of Dr. Fun's medicine."

The burglar made a face when Judge Sense spoke of five doses of medicine, but he didn't have any chance to complain, because Captain Bravo, the toy

soldier, stepped up behind him with drawn sword.

"Forward, march to the office of Dr. Fun," ordered Captain Bravo. The captain gave the burglar a little prick with the sword, and the burglar stepped off at a very lively rate for the office of

Dr. Fun with Jack, Janet, Judge Sense and Bobby Bouncer following.

(In tomorrow's chapter Dr. Fun gives the burglar some very queer medicine and it has an odd effect upon him.)

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